



Soul Fly Buddies – Monthly Meeting Notes



	<p>Here are the minutes for the Soul Fly Buddies (SFB) meeting on Friday 29th November 2024.</p>
	<p>SFB met at Firestone at Hornsby.</p>
	<p>The people that came to the meeting were: Audrey, Lachlan, Stavros, Karen, Nalyn, Jack, Tony & Charlotte.</p> <p>Bevan & Alex could not make it.</p>
	<p>At the start of the meeting, we chatted and ordered our lunch.</p>



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Next, we talked about what were the Soul Fly Buddies' highlights of 2024 and goals for 2025.



Stavros said his 2024 highlights were his trip to Greece, Soul Fly Buddies work and the AGM.

His goals for 2025 include an exercise program, music festival and educating venue security staff about disability and inclusion.



Audrey said her 2024 highlights were her new job.

Her goals for 2025 include moving out of home and starring in the theatrical play "Camp Rock"



Lachlan said his 2024 highlight was his getaway to the Blue Mountains.

His goal for 2025 is to go to Tasmania for his birthday.



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Nalyn said her highlights for 2024 were moving out of home and starting Zumba classes.

In 2025 she would like to be even more independent.



Jack said his 2024 highlight was jetboating in a storm.

His goals for 2025 include travelling to New Zealand.



Karen said her highlight for 2024 was doing her Community Services cert 3.

Next year she is looking forward to doing her Community Services Diploma.







Next we talked about Any Other Business.



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	<p>Karen suggested the monthly SFB Zoom meetings take place in the evening after work (6pm – 7pm).</p>
	<p>It was agreed that this needs to be discussed with all SFB members at the next meeting.</p>
	<p>Next Soul Fly Meeting</p> <p>When: Friday 31st January 2025</p> <p>Where: Online via Zoom</p> <p>Time: 1:00pm – 2:00pm</p> <p>Thanks for reading!</p>
	<p>Have a great festive season, and a happy new year!</p>